

GI Soft or Consistent Carb

Saturday

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Chef's Choice

Quiche w/Spinach & Parmesan
Oatmeal (1 Carb)
Applesauce (1 Carb)

Ala Carte

Oatmeal/Cream of Wheat (1 Carb)
Eggs- Scrambled,Hard Boiled
Cold Cereals upon request

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT OJ or Apple Juice (1 Carb)

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Lunch

Chef's Choice

Roasted Turkey
Caramelized Carrots (1 Carb)
Mashed Potatoes (1 Carb)
Rice Krispie Treat (2 Carbs)

Soup & Sandwich of the Day

Potato Soup (1 Carb)
Chicken Salad
Sandwich (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT Fruit or Pineapple (1 Carb)

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Dinner

Chef's Choice

Salisbury Steak
Au Gratin Potatoes (1 Carb)
Yellow Squash & Red Onions
Applesauce (1 Carb)

Soup & Sandwich of the Day

Potato Soup (1 Carb)
Chicken Salad
Sandwich (2 Carbs)

Sugar-Salt
S & L - Salt

Beverages

C/Decaf 2% or 1% (1 Carb)
HT/IT Grape or Apple (1 Carb)

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